



McMASTER UNIVERSITY INDIVIDUAL PARTICIPANT RISK ACKNOWLEDGEMENT AND RELEASE

PLEASE READ THE FOLLOWING CAREFULLY! BY AGREEING TO PARTICIPATE IN THE ACTIVITY, YOU GIVE UP CERTAIN LEGAL RIGHTS INCLUDING THE RIGHT TO SUE.

It is strongly recommended that you consult with your physician before beginning the McMaster University Athletics and Recreation exercise activity (the "Activity").

McMaster University advises that participation in the Activity contemplated contains elements of risk, both obvious and inherent. Such risk may be associated with physical exertion that may be strenuous at times and may cause physical injury, damage or death.

Please make sure you have adequate space around you to perform the Activity safely. Be aware of your surroundings, possible hazards (ex. lights, tables, sharp corners), and other people or pets who may be in your space as you participate in the Activity.

If you experience faintness, dizziness, pain or shortness of breath at any time while participating in the Activity you should stop the participating in the Activity immediately.

ACKNOWLEDGEMENT

If you participate in the Activity, you acknowledge that:

- 1) You are voluntarily participating in the Activity at your own risk and such risk may be associated with physical exertion that may be strenuous at times and may cause physical injury, damage or death;
- 2) The Activity will be conducted in an online/virtual environment via Zoom and any documents uploaded/online activities participated in Zoom may be recorded, disclosed and stored in servers located outside Canada, which may be subjected to the laws of foreign jurisdictions;
- 3) You are responsible for ensuring that you have and will wear equipment suitable for safety and properly participating in the Activity;
- 4) You are responsible for the condition of any equipment appropriate or needed to participate in the Activity; and
- 5) The Activity provide general exercise to help maintain strength, flexibility, balance, coordination, and/or aerobic condition and does not provide individual feedback, consultation, treatment, or assessment or medical advice.



RELEASE

By participating in the Activity, you are agreeing to release McMaster University, its directors, officers, employees, agents and contractors (the “Released Parties”) from all claims, costs, damages, liability or responsibility whatsoever for personal injury, property damage, breach of personal information and/or security breaches for use of third party services, wrongful death howsoever caused, including, but not limited to, the negligence of the Released Parties, whether passive or active, which arise you’re your participation in the Activities and related activities. I also understand and agree that I am not only giving up my right to sue the Released Parties but also any rights my heirs, assigns or beneficiaries may have to sue the Released Parties resulting from my death.

Fitness Class Outline:

- Low impact, bodyweight exercises with optional use of light weights
- Start with a full body warmup, includes on the sport movements like marching, alternate knee lifts, hamstring curls, etc. (3-4 mins)
- Standing Lower Body Strength exercises – static (on the spot, both feet planted) squats and lunges, varied by tempo and range (6-7 mins)
- Core exercises on the floor – Table top Pointer, Hovers, Bridges, Planks, (5 mins)
- Standing core and leg exercises – balance exercises (standing repeaters), dynamic lunges, (5 mins)
- Isolation exercises for triceps, biceps, abdominals, (5 mins)
- Full recovery, static and dynamic stretches (5 mins)
- 30 mins

Stretch and Breathe Class Outline:

- Beginner to Intermediate level class with options to increase or decrease difficulty
- Sun Salutation warm-up – 10 mins – Flowing sequence of basic yoga moves, ex. From standing, forward fold, lunge, down dog, plank, crocodile (tricep push up), up dog, etc.
- Standing strength work (yoga warriors) – a series of safe poses focusing on building endurance in the lower body and hip mobility (10 mins)
- Balance work – a variety of balance exercise offered with options to progress or regress a pose. No inversions (7 mins)
- Core strengthening – pilates and yoga strength based work including hovers, planks, curl ups, leg extensions (7 mins)
- Flexibility and Twist – gentle stretches for the posterior chain, and twists for spinal mobility offered with options to progress or regress a pose, finishing with gentle seated or prone stretches (10 mins)
- 45 mins